



# WINGSPREAD

RANDOLPH AIR FORCE BASE

65th Year • No. 4 • JANUARY 28, 2011

A photograph of a man in a tuxedo and bow tie speaking at a podium. He is wearing a ring on his left hand. Behind him is a large mural of a historical battle scene and a blue flag with a yellow emblem.

## AF Secretary honors AETC heroes

*Page 3*

*INSIDE ... SECAF HONORS AETC HEROES, P3 ... CHILDREN'S DENTAL HEALTH, P8 ... TEXAS VS. THE NATION, P14 ... MASSAGE THERAPY FOR WELL BEING, P16*



## COMMENTARY

# Duty of chiefs all-encompassing

By Retired Chief Master Sgt.  
Emilio Serrano

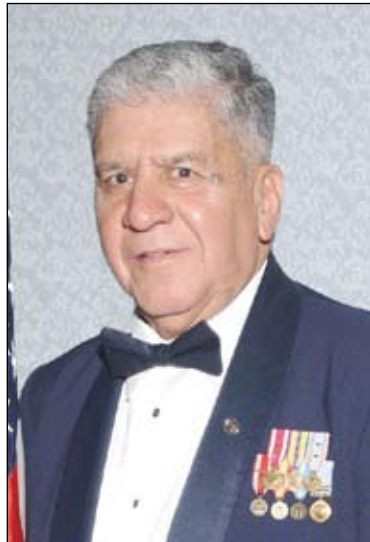
Recently I attended the 26th annual Chiefs Gathering at Texas Pride Barbecue. More than 250 attended, a lot of retired chiefs, a few active-duty chiefs and their spouses. Attending also were the former Chief Master Sergeant of the Air Force Bob Gaylor and his wife, as well as the founders of the Chiefs Gathering, Chief Master Sgt. "Bud" Humphries and Chief Master Sgt. Paul Greenwood, who did it for 13 years.

It was one of the most successful events since the gatherings started at the Lone Star Brewery, when more than 700 people used to attend it. This is an awesome annual event which Chief Master Sgt. Tom Nesbit and I undertook to continue for another 11 years. Thanks to Chief Master Sgt. Autumn Foley who took the reins this year, we had the opportunity to meet again with old friends, relax and have a good time.

Each of the chiefs attending is a legend in his or her own right, having dedicated many years to the service of our nation.

Being a chief is awesome of itself. I remember some 35 years ago when I made chief how awesome it was to pick up the phone for the first time and answer: "This is chief ...", or sitting in the conference room with my commander listening to five colonels and then turning to me and ask "What do you think chief?"; or calling some one and saying: "This is Chief Serrano and I need you to do something for me."

There are great perks being a chief, such as having reserved parking places. Even today, 35 years after retirement it's a great feeling when you drive through the gate and the guard says "have a good day, chief." But with the honor of being promoted to the highest enlisted grade comes a lot of responsibilities. You see, chiefs do not get promoted only because of their past performance. They got promoted because of their potential to do even better things in the future. You don't get promoted to chief and rest on your laurels.



*"You see, chiefs do not get promoted only because of their past performance. They got promoted because of their potential to do even better things in the future. You don't get promoted to chief and rest on your laurels."*

A lot is expected of chiefs, whether you are on the flight line supervising 200 enlisted Airmen or in a cubicle as a functional manager supervising two or three people, you need to know that every enlisted person in the Air Force and their families are your people. You have a responsibility to be a leader and a role model to all of them. You can do this by being visible and very involved past your eight hours of daily duties.

It is your duty.

When I participate in presenting full honors to deceased chiefs and present the flag to the widow, I do it because it is my duty.

When I attend, in my dress uniform, the ceremonies at the Fort Sam cemetery to honor our fallen comrades on Memorial and Veterans Day, I do it because "it is my duty." All my years in the Air Force, I knew that I should belong to the NCO Club and professional organizations because it was my duty.

It is true that only 1 percent of the force is going to be a chief. Chiefs are supposed to be special, Airmen expect you to be "super heroes," they want to admire, respect and emulate you. You owe it to them. You cannot do that if you are not seen or known by your actions. I recently spoke to a group of chief selects and mentioned I came from a time when chiefs used to do things that they can't do now. But it is their duty to push the limits (short of breaking the law) for the benefit of the Air Force and their people. I remember I did a lot of that.

In short there are super chiefs and chiefs. As a chief, you should be 1 percent of the 1 percent that is a real chief.

It's your duty.

## ON THE COVER

Secretary of the Air Force Michael Donley delivers the keynote address during the 2011 Air Education and Training Command Ball Jan. 21. For the complete story, see page 3.

Photo by Don Lindsey

## WINGSPREAD

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Articles for submission may also be sent by e-mail to news@randolph.af.mil.

For details about submissions, call 652-5760.

## WHO'S YOUR WINGMAN?

There are some things in life that just weren't meant to be handled alone ... If you need a Wingman, the base Chaplain, the mental health counselors and the people at 1-800-SUICIDE (784-2433) are ready to help.



# Air Force secretary Donley honors AETC heroes

By Capt. John Severns

Air Education and Training Command Public Affairs

SAN ANTONIO, Texas – Nearly a thousand Airmen from across the command gathered here Friday to hear Secretary of the Air Force Michael Donley during the Air Education and Training Command Ball.

The Ball, the largest formal event hosted by the command, culminated the AETC Symposium and Exposition. More than 3,500 Airmen, civilians, civic leaders, sister servicemembers and foreign officials descended on San Antonio for the two-day event.

The Ball's theme was celebrating AETC heroes, according to the master of ceremonies, Lt. Gen. (Ret.) John Hopper, former AETC vice commander. Six heroes, chosen by the command for their courage, quick thinking and selflessness, were featured in a series of video vignettes that highlighted their life-saving actions.



Photo by Don Lindsey

Michael Donley (left), Secretary of the Air Force, accepts an award from Gen. Edward Rice Jr., Air Education and Training Command commander, at the AETC symposium.

One of the heroes, Staff Sgt. Deante Brooks, was selected for his bravery during an attack on Bagram Airfield,

Afghanistan, in 2010. Sergeant Brooks, a security forces Airman from Tyndall Air Force Base, Fla., helped repel the initial

attack, drove through enemy fire to get a wounded comrade to the base hospital, then returned to the wire to continue fighting for several hours. His story is featured in the Air Force publication "Profiles in Courage."

Airmen like Sergeant Brooks represent the thousands of unsung heroes throughout the command, General Hopper said.

The highlight of the evening was a speech by Secretary Donley, who spoke about the vital role Airmen play in our national defense.

"To talk about our Air Force is to talk about heroes," Secretary Donley said. "Many will claim that heroes save lives. True enough. We've heard stories of that this evening, and no one would argue the point. We honor the individuals tonight who've done exactly that.

"But in our Air Force we're surrounded by everyday heroes," he added. "The word 'hero' is Greek for 'protector' or

**See HEROES P10**



## NEWS

# AETC Contracting Squadron honored for business achievements

By Robert Goetz

502nd Air Base Wing OL-B Public Affairs

The Air Education and Training Command Contracting Squadron reached “beyond goals” to earn a prestigious Air Force-wide business achievement award last year.

The contracting squadron, which consists of 74 civilians, nine officers and one enlisted Airman, received the 2010 Secretary of the Air Force Small Business Programs Director’s “Beyond Goals” Award.

The award, which was presented during the Air Force Small Business Fall Training Conference in Washington, D.C., was one of several that recognized Air Force individuals and activities for showing outstanding performance toward employing small businesses to make contributions to the Air Force mission.

“This was the first year for the Beyond Goals award to be earned by an organization – an inaugural award – and the AETC Contracting Squadron is honored to receive recognition for our 2010 efforts,” said Lt. Col. Alice Treviño, AETC CONS commander. “Our entire squadron

is committed to achieving and identifying small business solutions and contributing to the Air Force Small Business Program’s vision to reach beyond goals.”

According to the Air Force Office of Small Business Programs, the Beyond Goals Award “pushes past percentages to ensure the warfighter’s access to a comprehensive set of capabilities in support of Air Force priorities” and “realizes the value of small business is truly measured by what small businesses positively contribute to the mission and priorities of the Air Force.”

Colonel Treviño and Pat Barber, AETC CONS small business specialist, accepted the award, which was presented by Undersecretary of the Air Force Erin Conaton, on behalf of the squadron.

Ms. Barber, who earned the Secretary of the Air Force Small Business Programs Special Achievement Award in 2008, said one of the reasons for the squadron’s effectiveness is the “teaming approach created and reinforced by the squadron’s Small Business Office.”

“This commitment to partnering and collaboration establishes an integrated team environment,” she said. “The team



Photo by Jim Varhegyi

Pat Barber (second from left), Air Education and Training Command Contracting Squadron small business specialist, and Lt. Col. Alice Treviño, AETC CONS commander, display the 2010 Secretary of the Air Force Small Business Programs Director’s “Beyond Goals” Award earned by the AETC squadron. Ms. Barber and Colonel Treviño are flanked by Ronald Poussard, Air Force Small Business Programs director, and Undersecretary of the Air Force Erin Conaton.

consists of the contracting officer, contracting specialist/buyer and the contracting customer. Also, when a contracting officer or buyer engages the small business specialist early in the acquisition process, it is a major accomplishment. By being proactive, the entire acquisition process benefits.”

The Air Force Office of Small Business

Programs noted that the AETC Contracting Squadron surpassed most of its small business goals, “plowing more than \$367 million in the nation’s economic engine” and “aggressively pursued new opportunities for small business firms, designing acquisition strategies that effectively employed the capabilities of small businesses across the nation.”

# As winter wanes, tax season waxes

By Brian McGloin

502nd Air Base Wing OL-B Public Affairs

Tax forms in their various acronyms and numeric designations arrive soon if not already, reminding Americans to file taxes this spring; the deadline this year is April 18.

Every year there are changes to the federal tax laws which allow for different deductions or different tax amounts and other changes affecting how much those filing pay or receive in tax refund.

The Randolph tax center, which opens Monday, is here to help Randolph members through the process of filing taxes.

“We can file returns ranging from the simplest 1040EZ to some of the more complex 1040 returns that include rental property or a home-based business,” said LaMarr Queen, 902nd Mission Support Group tax coordinator. “The online tax preparation program we use is provided to us by the Internal Revenue Service. This efficient program allows us to look for all available deductions. As a rule, we start every return on a Form 1040. The 1040 allows as many deductions as possible.”

Unlike many of the other aspects in military life, preparing tax forms requires the customer be open and honest and the process is more of an interview than simply plugging in numbers.



Photo by Airman Alexis Siekert

LaMarr Queen, Randolph tax coordinator, sets up office spaces at the new tax center Jan. 21.

“As the return develops and is completed, we may change over to one of the other forms, but we mainly use the 1040 so the customer is afforded every possible benefit,” Mr. Queen said. “During the

process, individuals should be willing to speak candidly about their form entries so we can get them the best possible outcome on their return.”

In addition to tax laws and codes, filing income or property taxes for the first time can be a little daunting, but with some help from the Randolph Tax Center, filing income taxes can be quick and easy. For servicemembers, their dependents or retirees, it’s also free.

“Our program is primarily designed to serve active-duty members and their dependents, retirees and their dependents, and guard and reserve and their dependents, Mr. Queen said. “Our volunteer preparers will also assist with returns for on-base civilian employees on a space-available basis.”

The process is largely painless, but it does require some preparation before going to the tax center.

“You should arrive at the tax center with your military ID cards, Social Security cards for everyone on the return, including children, and all your tax documents for the year,” Mr. Queen said. “Also, please bring your previous year’s return. Many question the need to bring their previous year’s return, but you would be surprised how often it prevents a delay in processing or e-filing a return.”

Most of the returns the tax center files can be done

See TAX SEASON P6

**FULL PAGE ADS**

**TAX SEASON from P4**

electronically, expediting and simplifying the process.

“Of the returns we prepare, we e-file over 95 percent. This benefits customers receiving a refund because they normally receive the money within two weeks.”

The Internal Revenue Service has useful information and forms on their website, [www.irs.gov](http://www.irs.gov), including frequently asked questions, means to report fraud, various tax forms, informative videos and other services.

“We are still looking for volunteers for the tax center. We could use more return preparers and can even use folks to work the reception desk. One four-hour shift a week would really help,” Mr. Queen said. “We try our best to complete returns in the allotted timeframe. Nevertheless, at times, completing a return takes longer than

expected. When this happens, appointments run long and slight delays occur. Please be patient and understand that the preparers are volunteers and freely give their time to help the customer.”

“The tax center will open for business Monday. We began taking appointments on Jan. 18,” Mr. Queen said.

The tax center, in Bldg. 202 in the old dry cleaner building between the Commissary and Office of Special Investigations, will be open Monday through Thursday from 8 a.m. to 4 p.m., and Fridays from 8 a.m. to 2 p.m.

“This is the only location for our tax center; however, our certified volunteers can prepare returns from any computer that has Internet access, Mr. Queen said.

To schedule an appointment or other information, call the tax center at 652-1040.

# Houston Astros players visit Rambler Fitness Center

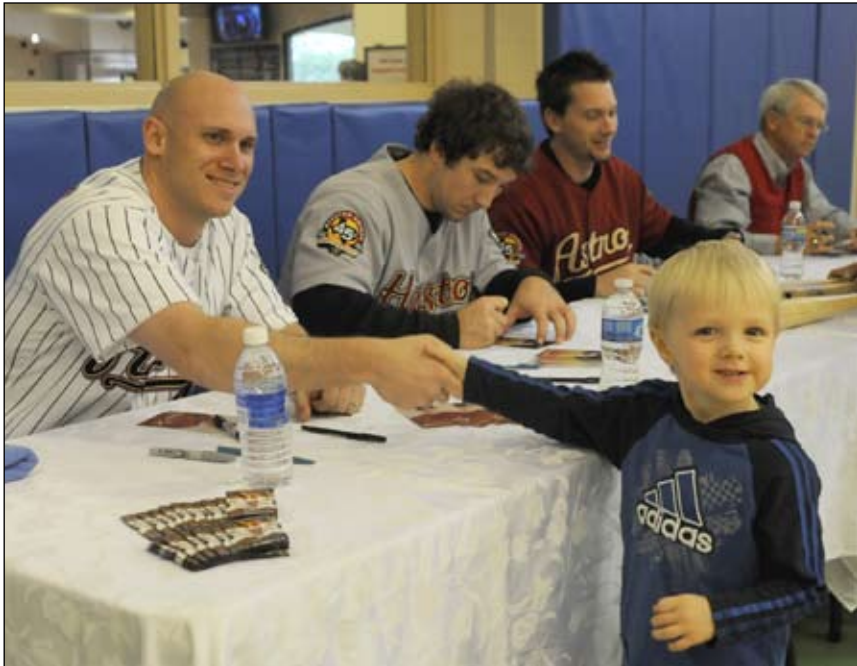


Photo by Airman Alexis Siekert  
Clint Barmes (left), Houston Astros second baseman, greets Asher Armstrong during the players' visit to Randolph's Rambler Fitness Center Jan. 20.

By Airman Alexis Siekert  
502nd Air Base Wing OL-B Public Affairs

Baseball fans from all over Randolph came together to see a contingent of Houston Astros when they visited the Rambler Fitness Center Jan. 20.

Every year, members of the National League baseball team visit different areas throughout Texas and now parts of Oklahoma to meet fans and sign autographs as a part of the Astros' yearly caravan tour. The Astros 2011 Caravan was two and a half weeks and included groups of players, coaches and other affiliates, each group with three to five people.

Astros second baseman Clint Barmes, first baseman Brett Wallace, third baseman Chris Johnson and announcer Bill Brown made an hour-long appearance here on their last day of touring central Texas, following two days on the road in Austin visiting schools, hospitals and children's centers.

"Their interaction with the children was priceless," said Shawn Bertani, Astros director of community affairs. "Reflecting later,

the players took just as much from the visit as the children did."

While at the Rambler Fitness Center, Mr. Brown led the crowd and players through an interactive discussion of the upcoming season. Afterward, audience members were able to ask players questions, such as whether or not to start them on their fantasy baseball teams.

Next, everyone lined up for autographs and to shake hands with the players.

"Everywhere we've gone so far has had great turn-outs," Mr. Barmes said. "Right now, we're just reaching out to the military and our fans here on base."

After the crowd thinned at the fitness center, the group left heading to the Warrior Family Support Center at Fort Sam Houston.

"It was cool talking to the players and listening to their stories," said Airman 1st Class Jeremy Cross. "The best part was seeing the kids with their dads. They looked so excited and this will probably be something they will never forget. The whole experience reminded me of how much I loved baseball as a kid."



**NATIONAL CHILDREN'S DENTAL HEALTH MONTH**

# *Dental squadron plans outreach on oral hygiene for children*

By Robert Goetz

502nd Air Base Wing OL-B Public Affairs

For the youngest members of the Randolph community, reading, writing and 'rithmetic will take a temporary backseat to learning the finer points of oral health next month when representatives from the 359th Dental Squadron pay them a visit.

In observance of National Children's Dental Health Month, the healthcare professionals are planning short trips to Randolph Elementary School, the youth center and the child development center the week of Feb. 14 for some important community outreach.

"We'll relay information to students about brushing and flossing, foods and beverages associated with dental cavities, oral cancer and other aspects related to dental health," said Staff Sgt. Jennifer Swain, 359th DS NCO in charge, preventive dentistry. "We'll also show them the video 'Dudley and Dental Health.'"

The squadron will also observe

Children's Dental Health Month with a poster contest open to students in two age group categories, 5-7 and 8-11. Participants will design posters around this year's theme, "Smile With Pride," and turn them in to the 359th DS by 4 p.m. Feb. 28. A prize will be given to the student in each age category who creates what judges consider the best poster.

Sergeant Swain said Children's Dental Health Month provides oral health professionals with an opportunity to "encourage parents to step up the supervision of their children's oral hygiene routine."

"It is important for your child to brush three times per day with a fluoride toothpaste and to floss each night before going to bed," she said. "This is the cornerstone to good dental health."

The presentations at Randolph will include demonstrations of the proper methods of brushing and flossing.

Another important component of dental health is good nutrition, Sergeant Swain said.

**See DENTAL P12**



**Photo by Airman Alexis Siekert**

Left to right: Senior Airman Michael Kennison, Staff Sgt. Jennifer Swain, Airman 1st Class Skylar Armstrong and Airman 1st Class Steven Lewis, 359th Dental Squadron, gather materials for a presentation on oral hygiene to Randolph Elementary School students.



**FULL PAGE ADS**

**HEROES from P3**

'defender,' and each Airman in our Air Force has taken an oath to support and defend the Constitution of the United States, so it sounds to me like you're defenders, which is English for that Greek word 'heroes.'"

The secretary said it takes an entire Air Force to accomplish even the smallest mission, and illustrated his point by describing the chain of support necessary for a fighter pilot to provide air cover to troops on the ground in Afghanistan.

"At this very moment, Col. Scott Long is piloting an F-16 Falcon over Afghanistan, where American soldiers from the 101st Airborne Division, in Task Force Panther, may come in contact with the enemy tonight," Secretary Donley said.

Supporting Colonel Long was his wingman, flying alongside him, the secretary pointed out. And enabling both fliers were maintainers, munitions specialists, life support crew, fuels troops, crew chiefs, communications specialists, air traffic controllers, civil engineers and finance officers, to name a few. Without these Airmen, whom the secretary named one by one, Colonel Long would be unable to provide support to the Joint Tactical Air Controller on the ground embedded with the soldiers of the 101st Airborne.

"We are blessed as a nation, as an Air Force, to have so many heroes in our ranks," the secretary said. "Every Airman depends on every other Airman to accomplish important missions. All of whom will affect the outcome; all of whom are heroes, in that they too are part of the defense of our great nation and what America stands for."

Gen. Edward Rice Jr., AETC commander, concluded the evening's festivities by thanking the assembled Airmen for attending the Symposium and Ball. More important than attendance, he said, was that the audience use what it saw and actively learned over the past two days to improve their Air Force.

"Take what we learned these past two days, and go out and use it to make a difference," he said.

# TUSKEGEE HERITAGE

Greet, eat, take pictures,  
and pay tribute to real  
*American heroes*

## Breakfast

**7 Feb 2011, breakfast at 0800. 99 FTS / Hangar 12 / 5th St.**



**FULL PAGE ADS**



And the winners are ...

Photo of Randolph  
quarterly award winners  
PENDING

cutline

Photo by ??

DENTAL from P8

“Parents aren’t aware of how it affects oral health,” she said. “They should make sure their children don’t bathe their teeth in sugary drinks.”

Items that have a “high association with cavities” include sodas, juices if consumed frequently, candy and foods saturated in syrup, Sergeant Swain said.

These drinks and foods should be consumed with meals rather than as between-meal snacks because “saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth,” according to the American Dental Association.

Sergeant Swain also said chewing gum with Xylitol is excellent for the teeth.

“We recommend using that after mealtime,” she said. The ADA says “chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.”

Adherence to the U.S. Department of Agriculture’s food pyramid, with its emphasis on grains, vegetables, fruits, milk products and lean meat, fish, beans and nuts, helps promote dental health.

“We’ll have baskets of fake food and ask the children to determine which ones are healthy and which ones are unhealthy,” Sergeant Swain said.

Seeing a dentist on a regular basis is also important. “It is very important for a child to see a dentist each year to monitor the health of teeth, gum tissue and soft tissues of the head and neck,” Sergeant Swain said. “If one or both of the parents of a child have had a history of gum disease, it is important to inform the child’s dentist, as there is a significant genetic component to this disease.”

For details on Dental Health Month activities, call the dental clinic at 652-2069 or Sergeant Swain at 652-1846.

**NOW SHOWING at  
the Randolph Theater**

**“Little Fockers” (PG-13)**

Robert DeNiro, Jessica Alba  
Today @ 7 p.m.

**“Yogi Bear” (PG)**

Animation (*No 3-D available*)  
Saturday @ 6 p.m. and Sunday @ 3 p.m.

***\$4.50 for adults, \$2.25 for children 0-11***

**Base BRIEFS**

**Retirements**

Congratulations to Lt. Col. Bob Distalo, 558th Flying Training Squadron, and Alice Zauner, Air Education and Training Command, on their retirements.

**Kendrick Club Super Bowl party**

The Kendrick Club will host a Super Bowl party Feb. 6. with festivities beginning at 11 a.m. for a tailgate party. A ribeye steak special will be offered all day and complimentary hors d'oeuvres will be served in the lobby during halftime.

**National Prayer Luncheon**

The National Prayer Luncheon will be held at the Parr Club Feb. 15 at 11:30 a.m. Tickets are available through unit first sergeants and Randolph Chapel Center.

**African American History Month “Soul Food” lunch**

The African American History Committee invites the Randolph community to attend the “Soul Food Lunch” at the Rendezvous Dining Facility Feb. 17 from 11 a.m. to 1 p.m. For more information, call Senior Master Sgt. Sachiko Jones 565-4817.

**BAMC clinic moves**

The outpatient pain management clinic at Brooke Army Medical Center is now located in the hospital's first-floor medical mall. The clinic's new waiting area will be adjacent to the hospital's main pharmacy. The clinic's medication line, 916-4625, is operational.  
For the front desk, call 916-2888.

**Bass guitar accompanist position available**

The Randolph Air Force Base chapel currently has a position for bass guitar accompanist available. For details on the application process, call Tech. Sgt. Jennifer Roth at 652-6121.

**JBSA base career assistance adviser**

Joint Base San Antonio is searching for a “fired up” senior NCO to take over as the base career assistance adviser at Lackland. For more information, call Master Sgt. Timothy Godfrey at 671-1575.

## SPORTS — HEALTH — FITNESS

# Collegiate all-star football game pits Texas vs. the Nation

By Steve Elliott  
Fort Sam Houston News Leader

Fresh off hosting the high school all-star game in January, the Alamodome in downtown San Antonio will once again be the site of an epic football battle. This time, it will be the Division 1-A collegiate senior all-star bowl, titled "The NFLPA Game: Texas Vs. The Nation."

Scheduled for 1 p.m. Feb. 5, the game will pit the top collegiate players originally from Texas or who play college football in Texas against top players from around the nation.

Texas vs. the Nation began as an idea to bring a sense of rivalry and teamwork back to the all-star arena.

After considering other locations including Aruba, the Bahamas, Phoenix, and San Diego, NFLPA CEO Kenny Hansmire selected Sun Bowl Stadium in El Paso, Texas, to host the inaugural game.

The first game in El Paso in 2007 drew more than 21,000 fans. The crowd has grown steadily each year since and now promises to be even bigger with the move to the roomy confines of the Alamodome.

And if the star power of the players is high, then that of the coaches of the respective teams is even higher.

The "Texas" team will be coached by Bill Bates, the popular former Dallas Cowboys safety who played for the team from 1983 to 1997 and was a member of the 1992, 1993 and 1995 Super Bowl championship teams.

"The Nation" will be headed up by coaching icon Jerry Glanville, who tended to be more famous for his antics and abrasive, over-the-top personality than for his success on the field. His career record is 63-73 during head coaching stints with the former Houston Oilers and Atlanta Falcons.

While coaching the Falcons, he would challenge and mock opposing teams players on television and during interviews. He was also well known for leaving tickets at will-call for the late Elvis Presley, wearing all black to be easily recognized by his players and driving replicas of vehicles driven by James Dean.

The Team Texas roster features San Antonio's own Robert Housler, who caught 39 passes for 629 yards and four touchdowns for Florida Atlantic this season. The former Judson Rocket tight end is considered one of the top tight end prospects for the upcoming NFL draft.

Texas Tech Red Raider quarterback Taylor Potts is another one of the collegiate senior football players to suit up for Team Texas. Potts was the offensive MVP of the Valero Alamo Bowl held Jan. 2, 2010, leading the Red Raiders to a 41-31 victory over Michigan State at the Alamodome. This season, Potts threw for 3,357 yards and 31 touchdowns for Texas Tech.

Former Texas Longhorns Eddie Jones (defensive end) and offensive tackle Kyle Hix will also be taking part. Jones finished his career in Austin with 107 tackles (67 solo), 13.5 sacks, 24 tackles for losses, 35 quarterback pressures, two interceptions and two forced fumbles.

Other Team Texas players include Texas Tech linebacker Brian Duncan, as well as running back Jay Finley and punter Derek Epperson of Baylor.

The game also provides a venue for top NCAA athletes to showcase their skills to more than 200 NFL scouts, general managers, and coaches.



According to the organizers, the goal of the game is to be the premier all-star challenge game in the country while providing a multi-million-dollar economic impact and enhanced entertainment value in San Antonio and the state of Texas.

There will be ticket specials available, such as a promotion with Diet Pepsi, where if people buy one regular-price ticket at the \$10 level, they can get one ticket of equal or lesser value free with the redemption of special marked Diet Pepsi cans at the Alamodome box office.

All seats are reserved and ticket prices start as low as \$10 for lower-level seating. Premium seating (between the 35-yard lines) is just \$25 and includes a hot dog and soda with each ticket.

Discount tickets are available at the Randolph Information, Tickets and Travel office located in Bldg. 897. Prices are \$6 for the \$10 level and \$25 for premium seating with soda and hot dog voucher – without the additional Ticketmaster charges.

Call 652-2052 for more information.

## Sports BRIEFS

### Advanced strength-training class

The Randolph Health and Wellness Center offers an advanced strength-training class Feb. 4 at 11:30 a.m. in the HAWC classroom. The class allows participants to move away from a one-program-fits-all approach toward fine-tuning a program based on changes in the body or goals.

### Course renovations

The 10th hole at the Randolph Oaks Golf Course is closed during the month of January to clean up concentrations of lead and polycyclic and polynuclear aromatic hydrocarbons. A temporary hole will be established for use during this time.

### Tee time scheduling

Golfers should sign up for weekday tee times at the Randolph Oaks Golf Course two days in advance.

Drawings are held every Thursday for weekend tee times. Those wishing to participate in the drawing should include the number of people in the group and each person's status (i.e. active duty, retired, guest) and what time your group would like to play. Groups must have at least two active-duty members to qualify for a priority tee time.

To sign up for weekend tee times, e-mail [tee.time@randolph.af.mil](mailto:tee.time@randolph.af.mil). E-mails must be received by 10 a.m. Thursdays to be included in the drawing.





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[www.RandolphFSS.com](http://www.RandolphFSS.com)

### 902nd Force Support Squadron Briefs

ARTS AND CRAFTS CENTER – 652-5142

- **Polymer clay**

In this class, students will review the properties and characteristics of polymer clay, basic color theory and design. Students will enjoy creating a polymer clay covered re-usable pen and holder. Classes are February 12 from noon to 2 p.m. Cost is \$20. Deadline to sign up is February 5.

- **Floral design**

In this class, students learn basic techniques on color, texture, mechanics and other strategies necessary for floral design and create a decorative wreath. Classes are February 12 from noon to 2 p.m. Cost for the class is \$45 plus supplies.

AUTO SKILLS CENTER – 652-2952

- **Teen automotive class**

On Feb. 10 from 5:30-7:30 p.m. teens will learn to change a flat, check fluids, check tire pressure and much more! Cost is \$35 and sign up deadline is Feb. 3.

BOWLING CENTER – 652-6271

- **Sweetheart mixed doubles tournament**

Bowl in the Sweetheart Mixed Doubles Tournament on February 13 at 1:30 p.m. The team composition is one male and one female. The price is \$30 per

couple and you must sign up in advance.

LIBRARY – 652-8901

- **Brown bag discussion**

Grab your lunch and head to the Library on Feb. 3 from noon to 2 p.m. to learn how to write a mystery from local author Bob Doerr.

PARR O'CLUB – 652-4864

- **2-4-1 steak**

Head to the Parr O'Club on Feb. 3. from 5:30-8 p.m. and purchase an 8 oz. ribeye for \$12.95 or 10 oz. NY strip for \$17.95. Choose either or two of the same and only pay for one! The steak dinner includes a salad, choice of mashed potatoes, baked potatoes or rice pilaf and vegetable, bread, ice tea and coffee.

- **Valentine dinner & dance**

Bring your special loved one to the Parr O'Club on Feb. 12 for a night they won't forget. This romantic evening begins with cocktails at 6 p.m., followed by a tantalizing dinner buffet at 6:30 p.m. The entrees for this event are grilled chicken garnished with bay shrimp and mushrooms, garlic & herb crusted tilapia, sliced NY strip with a porcini mushroom sauce, stuffed pork loin accompanied by assorted vegetables and rice/potato side dishes. There will also be a champagne fountain with peaches, strawberries and blueberries so you can make your own special bellinis. Individual

shot glass desserts will be the perfect ending to an amazing night! There will be a red rose on the table for your "special" someone.

If you have a reservation for the Valentine dinner on Feb. 12, you can dine free at Sunday brunch on Feb. 13. If you can't make brunch the next day, you will be given a voucher for another time.

The Texas Chili Peppers will provide the entertainment from 7:30-11:30 p.m. The price is \$85 per couple for members or \$105 per couple for nonmembers. Reservations go on sale Feb. 2 and prepayments are required.

WOOD SKILLS CENTER – 652-2788

- **Parent/child woodworking class**

On February 19 from 10 a.m. to noon you and your child will have fun building Panda Bear Message Board. The cost is \$5 and sign up deadline is Feb. 12.

YOUTH PROGRAMS – 652-3298

- **Spring youth sports registration**

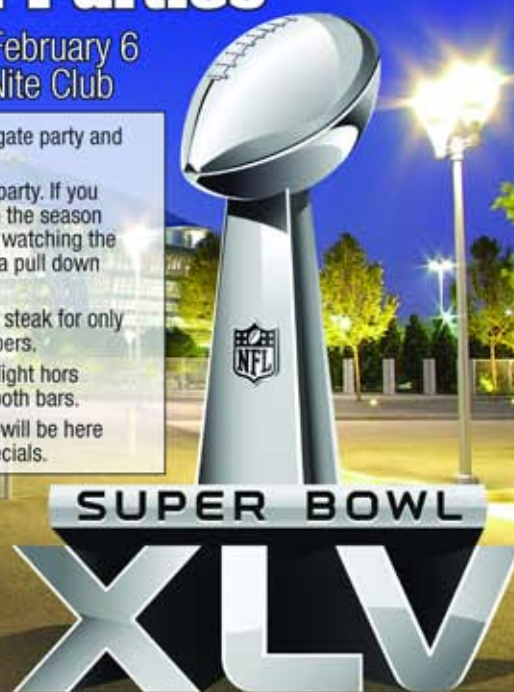
Registration is February 1-30. All youth must have current annual physical, immunizations and sports registration form on file. The cost is \$45 per child.

- T-Ball; 5-6 years co-ed (MUST be 5 by March 1)
- Baseball; 7-16 years
- Girls' Softball; 7-16 years

## Super Bowl Parties

Kendrick Club • February 6  
Gil's Pub and Nite Club

- The Nite Club opens at 11 a.m. for the tailgate party and closes when the game is over.
- Gil's Pub opens at 3 p.m. for a private VIP party. If you participated in our football events all through the season your name should be on the list. If not, enjoy watching the Super Bowl game on 10 flat screen TVs and a pull down screen in the Nite Club.
- The special offered all day is 2-4-1 ribeye steak for only \$13.95 for members or \$15.95 for nonmembers.
- At halftime there will be a complimentary light hors d'oeuvres buffet in the lobby of the club for both bars.
- Silver Eagle Distributors and the Bud Girls will be here during the pregame with prizes and beer specials.



## Valentine's Day 3-Mile Relay Run

Eberle Park  
February 14 at 7:30 a.m.



The first runner will run 1.5 miles and the second team member will run the last 1.5 miles.

The first 50 participants to sign up get a free t-shirt.

Sponsored by THE LANDINGS  
FAMILY TRADITION HERITAGE HOME

No federal endorsement of sponsor intended.

# Massage therapy contributes to well-being

By Robert Goetz

502nd Air Base Wing OL-B Public Affairs

Running on a treadmill, lifting weights and playing racquetball are just a few of the workout activities available at the Rambler Fitness Center.

Another activity offered at the fitness center doesn't require the physical exertion associated with those workouts, but provides proven health benefits.

"We offer massage therapy as an extended service to fitness center patrons, as massages are a vital part of any fitness program," said Marlin Richardson, fitness center director. "Massage therapy can help you maintain physical, mental and emotional well-being."

Massage therapy at the fitness center is provided by licensed massage therapists through the Zeitgeist Wellness Group in San Antonio.

"Sessions are by appointment only, but our massage therapists have flexible hours," said Artemese Cunningham, Zeitgeist Wellness Group project manager. "We're selective with the therapists we've chosen. They live close to Randolph, so we can get someone out there pretty quickly."

A room inside the fitness center offers a quiet, relaxing atmosphere for patrons to enjoy the benefits of one of the world's oldest healing arts.

"When a patron comes into the massage room, scented candles are burning,



Photo by David Terry

Douglas Stafford, a licensed massage therapist, gives a massage to Master Sgt. Steven Moore, U.S. Air Force School of Aerospace Medicine, Brooks Air Force Base, Texas, at the Rambler Fitness Center here recently.

relaxing music is playing and lights are dimmed," Ms. Cunningham said. "All of that adds to the ambiance."

The practitioners offer five types of massage: deep tissue, which relieves severe tension in muscles and connective tissue; Swedish, which uses long, flowing strokes to promote relaxation and ease muscle tension; sports, which

stimulates the circulation of blood and lymph fluids; prenatal, tailored specifically for expectant mothers; and Reiki, a Japanese technique that balances the body's energy, increasing the body's ability to heal physical ailments.

"Our therapists will give you whatever type of massage you request," Ms. Cunningham said. "But they may also

recommend the kind of massage you need – for example, you may need a deep massage if you have a lot of tension."

Customers also have the choice of a male or female therapist, she said. Sessions are available seven days a week, but each session must end no later than 10 p.m.

Prices are \$30 for a half-hour, \$50 for an hour and \$75 for an hour and a half, but customers can choose how long they want their session to last, Ms. Cunningham said. They can also receive discounts for package deals.

The fitness center also offers occasional free chair massage sessions, she said.

Ms. Cunningham said some men are reluctant to get a massage, but they can only benefit from it.

"Massage can help you maintain your level of physical fitness; it's a very good supplement to a fitness program," she said. "It can help in your sport and in your job."

Mr. Richardson said the benefits are far-reaching.

"It helps with relaxation, reduces stress and relieves tension," he said. "It improves circulation, flexibility and overall wellness."

Ms. Cunningham said massage can also alleviate symptoms associated with a variety of ailments, from body aches to arthritis and diabetes.

To schedule an appointment, call 271-7411.